

## Chartwells District of Columbia

### Oct 5, 2015 thru Oct 9, 2015 Spreadsheet

#### Secondary Breakfast Menu

	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Mon - 10/05/2015	482	66	461	6.37	3.13	463.6	1121	293	32.30	17.11	85.22	8.05	15.04%	3.25	6.08%	*0.00	*0.00%
Tue - 10/06/2015	422	36	329	8.97	3.22	506.7	1518	655	102.15	15.57	78.74	7.25	15.46%	2.37	5.05%	*0.00	*0.00%
Wed - 10/07/2015	515	16	521	11.11	3.08	474.3	1098	278	37.13	16.69	98.69	8.63	15.08%	3.18	5.56%	*0.00	*0.00%
Thu - 10/08/2015	514	23	475	9.24	3.41	452.5	1026	270	37.49	18.31	97.80	7.75	13.59%	2.91	5.11%	*0.00	*0.00%
Weighted Average	483	35	447	8.92	3.21	474.2	1191	374	52.27	16.92	90.11	7.92	14.76%	2.93	5.46%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	483		450 - 600	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	35							
Sodium (mg)	447		640					
Fiber (g)	8.92							
Iron (mg)	3.21							
Calcium (mg)	474.2							
Vitamin A (IU)	1191							
Vitamin A (RE)	374							
Vitamin C (mg)	52.27							
Protein (g)	16.92	14.01%						
Carbohydrate (g)	90.11	74.61%						
Total Fat (g)	7.92	14.76%						
Saturated Fat (g)	2.93	5.46%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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**1** - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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## Chartwells District of Columbia

### Oct 12, 2015 thru Oct 16, 2015 Spreadsheet

#### Secondary Breakfast Menu

	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Tue - 10/13/2015	489	21	491	9.98	*2.74	*498.1	*1297	*295	*102.20	16.37	91.31	8.82	16.23%	2.97	5.47%	*0.00	*0.00%
Wed - 10/14/2015	511	70	425	10.73	3.29	460.5	1212	301	37.08	16.92	94.33	8.79	15.49%	3.20	5.65%	*0.00	*0.00%
Thu - 10/15/2015	455	68	461	7.99	3.56	481.5	1052	279	32.69	19.02	79.47	8.08	15.97%	2.57	5.09%	*0.00	*0.00%
Fri - 10/16/2015	507	60	492	8.84	3.38	475.6	1099	284	37.53	19.59	93.86	8.59	15.26%	3.23	5.75%	*0.00	*0.00%
Weighted Average	490	55	467	9.39	*3.24	*479.0	*1165	*290	*52.37	17.97	89.74	8.57	15.73%	3.00	5.50%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	490		450 - 600	100%				
Cholesterol (mg)	55							
Sodium (mg)	467		640					*Target effective with 2014-2015 School Year!
Fiber (g)	9.39							
Iron (mg)	3.24				Missing			
Calcium (mg)	479.0				Missing			
Vitamin A (IU)	1165				Missing			
Vitamin A (RE)	290				Missing			
Vitamin C (mg)	52.37				Missing			
Protein (g)	17.97	14.66%						
Carbohydrate (g)	89.74	73.20%						
Total Fat (g)	8.57	15.73%						
Saturated Fat (g)	3.00	5.50%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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## Chartwells District of Columbia

### Oct 19, 2015 thru Oct 23, 2015 Spreadsheet

#### Secondary Breakfast Menu

	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Tue - 10/20/2015	503	28	326	10.86	3.61	502.2	1411	654	102.22	17.92	94.23	8.67	15.51%	2.51	4.49%	*0.00	*0.00%
Wed - 10/21/2015	487	71	387	9.71	3.34	509.9	1577	440	54.19	18.51	91.52	8.06	14.91%	2.45	4.54%	*0.00	*0.00%
Thu - 10/22/2015	446	25	481	8.36	*2.94	*459.5	*1023	*274	*29.91	16.55	85.30	5.74	11.59%	1.86	3.76%	*0.00	*0.00%
Fri - 10/23/2015	514	14	427	9.37	3.27	456.0	1027	270	37.50	15.83	99.37	8.22	14.40%	2.87	5.02%	*0.00	*0.00%
Weighted Average	487	34	406	9.57	*3.29	*481.9	*1260	*409	*55.96	17.20	92.61	7.67	14.17%	2.42	4.47%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	487		450 - 600	100%				*Target effective with 2014-2015 School Year!
Cholesterol (mg)	34							
Sodium (mg)	406		640					
Fiber (g)	9.57							
Iron (mg)	3.29				Missing			
Calcium (mg)	481.9				Missing			
Vitamin A (IU)	1260				Missing			
Vitamin A (RE)	409				Missing			
Vitamin C (mg)	55.96				Missing			
Protein (g)	17.20	14.11%						
Carbohydrate (g)	92.61	75.99%						
Total Fat (g)	7.67	14.17%						
Saturated Fat (g)	2.42	4.47%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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## Chartwells District of Columbia

### Oct 26, 2015 thru Oct 30, 2015 Spreadsheet

#### Secondary Breakfast Menu

	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Mon - 10/26/2015	465	23	522	5.86	2.88	509.9	1111	291	32.30	18.46	81.69	8.29	16.06%	3.30	6.39%	*0.00	*0.00%
Tue - 10/27/2015	462	66	352	9.93	3.30	502.3	1348	306	102.12	17.50	87.94	6.50	12.65%	1.91	3.72%	*0.00	*0.00%
Wed - 10/28/2015	523	68	467	10.79	3.29	484.6	1217	302	39.97	17.74	94.63	9.54	16.42%	3.62	6.23%	*0.00	*0.00%
Thu - 10/29/2015	458	67	454	8.43	3.62	451.3	1055	280	29.79	18.86	83.67	6.65	13.05%	2.26	4.44%	*0.00	*0.00%
Fri - 10/30/2015	501	16	513	8.87	3.13	488.5	1064	277	37.55	17.32	94.16	8.91	16.02%	3.24	5.83%	*0.00	*0.00%
Weighted Average	482	48	462	8.78	3.24	487.3	1159	291	48.35	17.97	88.42	7.98	14.90%	2.87	5.35%	*0.00	*0.00%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	482		450 - 600	100%				
Cholesterol (mg)	48							
Sodium (mg)	462		640					*Target effective with 2014-2015 School Year!
Fiber (g)	8.78							
Iron (mg)	3.24							
Calcium (mg)	487.3							
Vitamin A (IU)	1159							
Vitamin A (RE)	291							
Vitamin C (mg)	48.35							
Protein (g)	17.97	14.92%						
Carbohydrate (g)	88.42	73.41%						
Total Fat (g)	7.98	14.90%						
Saturated Fat (g)	2.87	5.35%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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